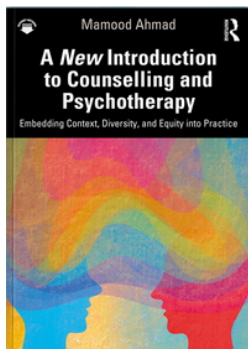
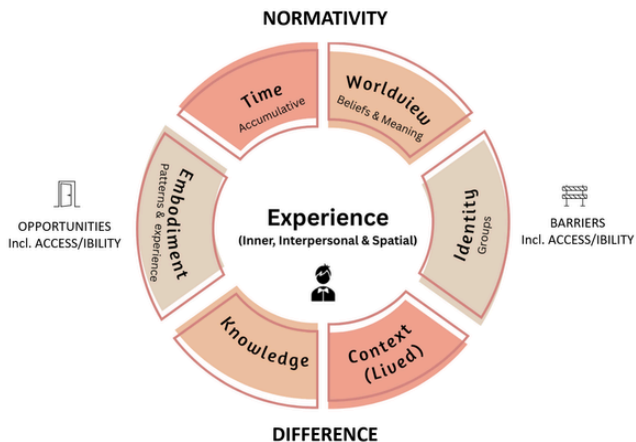


# Whole Experience (WICKET)

REFERENCE CARD v1.1



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A New Introduction to Counselling & Psychotherapy [Routledge books]

# Whole Experience (WICKET)

\* Consider individual context, including protective and vulnerability factors:

Adverse experiences & events

Stressors from each "Context (Lived)" including **culture**, events, system & messages

Individual vulnerability, difference and marginalisation

Interpersonal and interconnected relationships

Social determinants including economic

Developmental and resilience

Physiological and lifestyle

Social and community engagement

Meaning and purpose

## Worldviews

- Meaning and direction
- Political and ideological
- Ultimate beliefs (Incl. R/S)
- Knowledge and philosophical
- Beliefs, ideals, morals, expectations and values
- Equality and justice

## Context (Lived)

- Individual -> *See top of card\**
- Personal ->
- Indirect and Institutional ->
- Structural (Incl. infrastructure) ->
- SocioCultural ->
- Planet → Time

## Embodiment (Patterns)

- Relational and attachment
- Threat and survival
- Coping and help seeking
- Attention and executive functioning
- Communication and social interaction
- Language(s) and meaning
- Learning and information processing
- Cognitive processing, thinking, emotional, and behavioural
- Memory
- Personality

## Time

- Here and now
- Lifespan (Incl. migration)
- Genetic and intergenerational
- Generations
- Collective
- Perception

## Identity (*Intersections*)

- **Social: Race, ethnicity, gender, class, disability, neurodiversity, age, sexuality, belief, citizenship (nationality), socioeconomic status, and body aesthetic**
- Personal
- Physical and mental health
- Roles, credentials, and status

## Knowledge

- Embodied and lived
- Relational and emotional literacy
- Psychosocial education
- Group, diaspora, and historical
- Affinity, ideological and aversive
- Formal, implicit and propagated

## Embodiment (Experience)

- Stress, trauma and injury
- Identity and power expression
- Body interoception, expression, image, and aesthetics
- Health, pain, and capacity
- Relational, sexual, emotional, existential, and transcendental
- Sensory and motor

## Explore

1. What is relevant today, in the here and now, in relationships, self-development, theory, training, practice, research, or supervision?
2. What's the relevance of normativity, difference, and power?
3. Do they influence barriers, opportunities, access/ibility, safety, belonging and harm?